Snack

Chocolate Cherry Cream Pots

Individual chilled pots layered with soft simmered cherries, a vanilla quark cream and a glossy dark chocolate sauce.

20 min	115	17.6 g	15 g
time	calories	carbs	sugars



Low fat

Ingredients, 4 servings

- [ ] 225 g fresh cherries
- [ ] 2 tbsp artificial sweetener
- [ ] 1 level tsp level cornflour, blended with 1 tbsp cold water
- [ ] 100 g quark or low-fat soft cheese
- [ ] 2 tbsp skimmed milk
- [ ] half level tsp vanilla extract

For the chocolate sauce

- [ ] 25 g dark chocolate, broken into pieces
- [ ] 1 heaped tsp unsweetened cocoa powder
- [ ] half level tsp cornflour, blended with half tbsp cold water
- [ ] 1 level tbsp golden syrup

Nutrition Facts

Per serving

Calories	**115**
Total fat	2.4 g
Saturated fat	1.4 g
Sodium	Not listed
Total carbs	17.6 g
Fiber	1.3 g
Total sugars	15 g
Protein	5.3 g

Method

- [ ] **1** Remove the stones from the fresh cherries, cutting each fruit in half, and set 4 whole cherries aside to garnish the finished pots.
- [ ] **2** Tip the halved fruit into a small saucepan, add 50ml water and 1 tbsp of the artificial sweetener, then let it all simmer for 3-4 minutes until the cherries are soft.
- [ ] **3** Give the cornflour and its cold water a quick mix, pour this into the pan and keep stirring until the cherry mixture thickens.
- [ ] **4** Take the pan off the heat and let the fruit cool, giving it a stir now and then so a skin cannot develop.
- [ ] **5** Whisk the quark, skimmed milk, vanilla extract and the last tbsp of artificial sweetener together in a bowl until the cream is completely smooth.
- [ ] **6** Start the chocolate sauce by placing the dark chocolate pieces in a pan along with the unsweetened cocoa powder, the golden syrup and the second lot of cornflour mixed with its cold water.
- [ ] **7** Warm the mixture, stirring without stopping, until it turns smooth, then leave it to cool with an occasional stir to stop a skin forming.
- [ ] **8** Layer the cherries, the vanilla cream and the chocolate sauce into small serving glasses.
- [ ] **9** Crown each pot with a reserved whole cherry, chill well and serve.

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